



Kneaded Relief Day Spa Newsletter

Falling Leaves, Pumpkins & Halloween

October 2009

In this Issue

- My T.R.E.A.T.
- Win a Package!
- Healthy Recipe
- New Fitness Classes
- Fall Seasonal Services
- October Specials
- October Staff Profile



Spa Hours

- Monday 9am-8pm
- Tuesday 9am-8pm
- Wednesday 9am-9pm
- Thursday 9am-9pm
- Friday 9am-8pm
- Saturday 9am-7pm
- Sunday 9am-6pm

Sign up to
Receive our
Email Specials
or our Monthly
Newsletter by
email!
Just email us at
info@kneadedreliefdayspa.com

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My T.R.E.A.T.

(the relief everyone appreciates & treasures)

Introducing Kneaded Relief's newest incentive program!
Just \$50.00 gets you all of this...

- ~As a member of this one-year program you will receive 10% back in Relief Points on every dollar that you spend (in cash, check, or credit card). Purchases include both services and products.
- ~You will receive a coupon book valued at over \$100 in discounted and free services which can be used during the first six months that you are a member!
- ~And...take home a Bioelements Skin Care gift set and a Kneaded Relief water bottle, which will save you \$1 off any service when you bring it in with you!

Call or stop in to ask for more details or to purchase today!

Win a Rejuvenator Package!

Kneaded Relief is having a referral contest! The client who refers the most new clients to Kneaded Relief in the months of October and November will receive the Rejuvenator Package for FREE. That's a full facial, sixty minute relaxation massage, and aromatherapy bubble massage whirlpool! Valued at \$185.00

The new referrals need to have an appointment at the spa in either October or November. The drawing for the winner will be held on December 1st and the winner will be notified. Pick up referral cards from the spa to give to your friends, or visit our website for a referral voucher today (located under the Specials tab)!

Healthy Recipe

Kneaded Relief wants to help you achieve Wellness inside and out
At Kneaded Relief we offer personal training paired with nutrition guidance and the following is one of our favorite healthy recipes:

Grilled Ratatouille Soup

- | | |
|---|---|
| 1 head of garlic | Extra virgin olive oil, for drizzling, plus ¼ cup |
| 1 stem fresh rosemary, finely chopped | salt and pepper |
| 1 medium zucchini, cut into ½ inch planks | 1 medium red onion, cut into ½ inch thick slices |
| 1 28-oz can diced or whole fire-roasted tomatoes | 2 cups chicken or vegetable stock |
| 1 medium eggplant, cut into planks or rounds ¼ inch thick | 4 roasted red peppers, drained |

Preparation: (Preheat oven to 425 degrees Fahrenheit)

- Cut the head of garlic to expose all of the cloves. Drizzle the olive oil over the cut end to coat the cloves. Press the cut garlic into the rosemary, coating the ends of the cloves completely. Season with salt and pepper, and wrap garlic head in foil. Roast 45 minutes, then let cool.
- Mash cooled roasted garlic into a paste, combining it with the rosemary.
- Heat a grill pan over medium-high to high heat. Pour about 1/4 cup olive oil into a dish. Using a pastry brush, brush vegetables with olive oil and season with salt and pepper. Grill in batches until zucchini, onion and eggplant are cooked and tender, 3-4 minutes on each side per batch. (If you do not have a grill, you can bake the veggies instead.) Coarsely chop grilled vegetables and roasted red peppers.
- In a food processor or blender in 2 batches, puree the roasted garlic, grilled vegetables, roasted red peppers and canned fire-roasted tomatoes and stock. Transfer pureed vegetables to the hot soup. Heat soup over medium heat, then reduce to simmer. Season with salt and pepper to taste and enjoy!

Makes 4 servings. Approximately 300 calories per serving.

New fitness Classes!

Rhythmic Fitness: Monday 5:30pm 1-hour

A high energy dance cardio class! Learn hip hop & Latin dance moves and basic choreography while getting a dynamic fitness session. No dance experience required.

Core Fuel: Tuesdays 11:00am & Fridays 9:00am 1-hour

This total core workout targets all the muscles of the torso including the abs, back and pelvis. If you want to see those 3-D abs and slim your entire midsection, this is the class for you.

Get Lean: Wednesday 5:30pm & Thursday 12:00pm 1-hour

A total body workout designed to increase lean muscle and metabolism. This workout will incorporate a variety of equipment and exercises so there will be no boredom here. Tone and trim your entire body!

Booty Camp: Wednesday 12:00pm & Friday 12:00pm 30-minutes

A 30 minute rear-view rescue! Sculpt, tone and shrink your backside in just 30 minutes.

Upper body Blast: Tuesday 9:00am & Thursday 9:00am 30-minutes

A 30 minute workout packed with killer moves to achieve a sexy upper body.

Young At Heart (For adults 55+): Friday 7:00am 45-minutes

A 45 minute workout designed to increase balance, strength and flexibility. Includes a variety of core and aerobic exercises.

*All classes can be modified for all fitness levels. Please bring your own mat.

Try an Autumn Specialty Service!

delectable fall manicure or pedicure (45 min. \$45.00/\$55.00)

A delectable treat for your hands or feet! A warming, cinnamon body polish will help you shed away the effects of a busy summer and leave you feeling soft and smooth. This luxurious treatment will continue with the use of a pumpkin-spice mask followed by a butter cream lotion, full of anti-oxidants to give your hands and feet a radiant appearance.

scrumptious autumn body treatment (90 min. \$105.00)

This service begins with a warming, cinnamon body polish, which will exfoliate and soften your skin. A pumpkin-spice mask will then be applied before you are wrapped in thermal blanket, all the while receiving a relaxing scalp massage that will help you release any tension. The wrap is followed by a detoxifying steam shower which will rinse away the mask and leave you feeling refreshed!

delicious fall facial (75 min. \$95.00)

A delicious anti-aging facial that will reverse the summer's sun damage and eliminate fine lines, while lifting and toning your skin, leaving it vibrant and younger looking! Starts with the use of an exfoliation which helps smooth texture and perk up skin tone, and finishes with a pumpkin-spice mask, which increases the amount of nutrients and oxygen in the skin cells. An amazing fall treat!

harvest massage (75 min. \$99.00) add on a thieves young living steam shower for \$20

Reap in the scents of cinnamon and clove during this full body seventy-five minute massage. This service begins with Thieves oil being delicately dropped along the spine, followed by hot steam towels applied to the back while you receive a foot & leg massage. Swedish massage & pressure point work will complete this service. Let this amazing oil support your immune system & balance your energy.

October Specials

10% off Tei-Fu

Tei-Fu Massage Lotion is a unique blend of anciently-known essential oils and skin emollients. It applies smoothly to the skin and penetrates deeply into stiff muscles and joints. Its emollient, greaseless properties leave the skin soft and smooth.

Oil of the Month: Relieve It

A deeply relaxing, warming blend of therapeutic-grade essential oils that feels soothing and comforting to muscles and joints. Add to any massage for just \$7 during the month of October.

Staff Profile

Lauren Whitford

Nail Technician

Time at Kneaded Relief: 7 months

About the services I provide: I perform manicures and pedicures. I especially love spa pedicures because of the unique combination of the complete relaxation, plus intense hydration for feet and nails.

Something interesting about me: I am a junior at UW Madison, studying women's studies and social welfare.

My favorite Kneaded Relief product is: Avoplex. It keeps cuticle build-up away and hydrates the whole cuticle and nail.

My favorite Kneaded Relief service is: the full facial. They are so relaxing. I feel great head to toe afterwards.